CRITICAL
DAYS OF
SUMMER
2006
alert. aware. able.
24/7
[OPERATION SUMMER FORCE PRESERVATION]
www.safetycenter.navy.mil

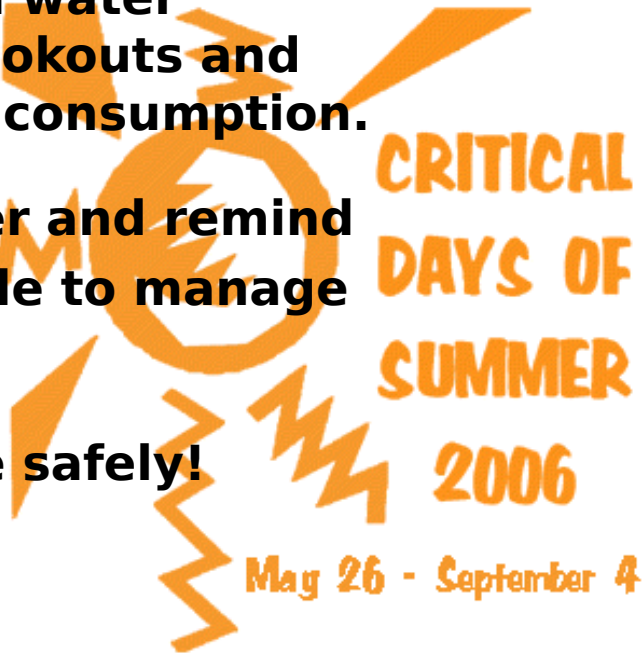
Will You Survive Summer 2006?

A Message from the Naval Safety Center

The “critical days” pose greater risks for several reasons. It’s when service members go on family vacations and often travel longer periods than they should without rest or a break. It’s when the weather is ideal for outdoor and water activities. And it’s also a time for cookouts and picnics, which often include alcohol consumption.

This summer, be there for each other and remind everyone to be alert, aware, and able to manage risk all day, every day.

Always remember to work, play, live safely!



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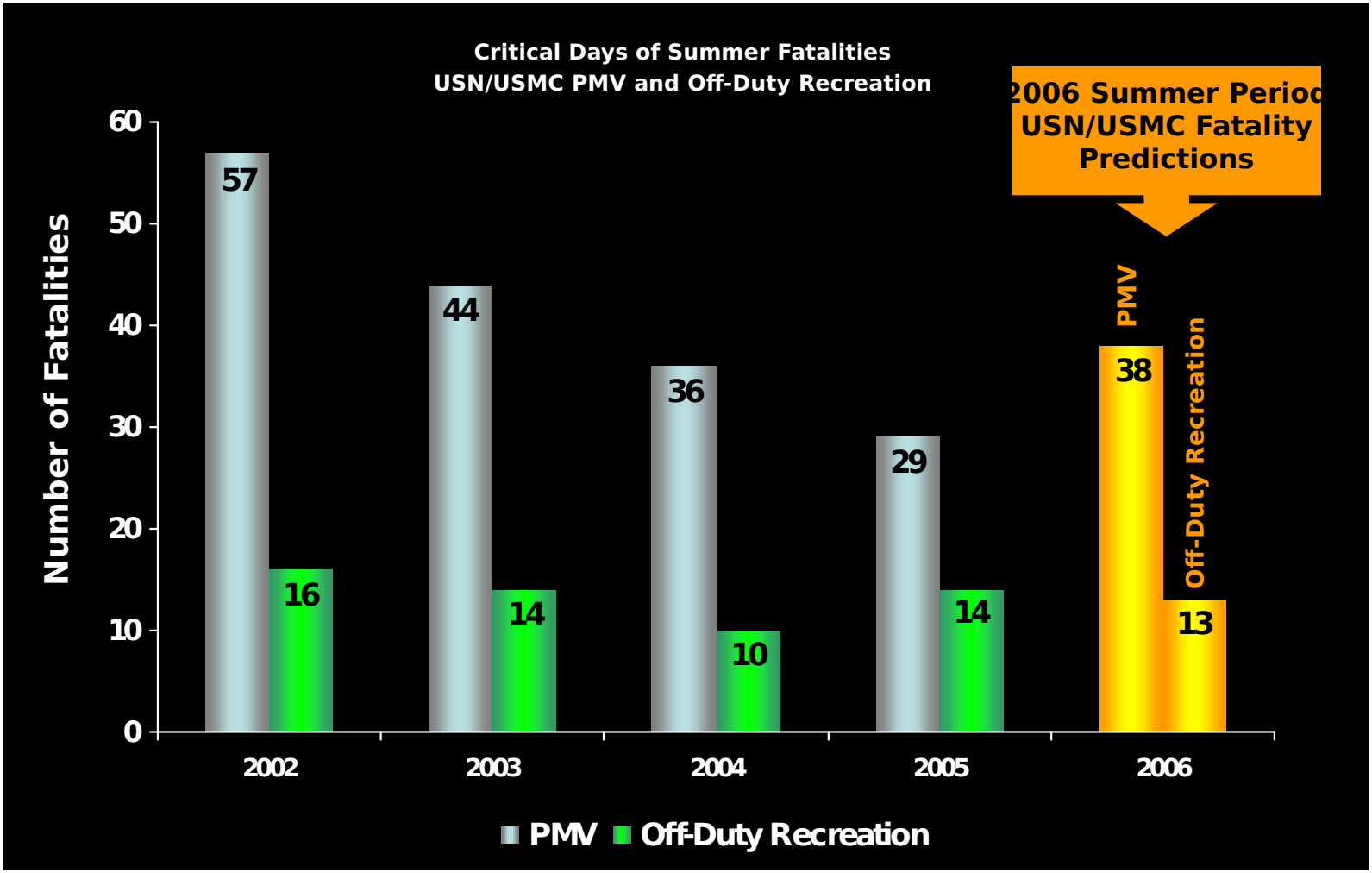
5-Year Trends of Summer Mishaps



NSC Data: 10 May 2006

Common Summertime Activities

Chances are, you'll be doing some of these popular activities with your friends and loved ones:

- **Vacationing and traveling**
- **Off-road driving**
- **Motorcycle riding**
- **Enjoying water sports**
- **Boating**
- **Swimming**
- **Going on outdoor adventures**
- **Playing extreme sports**
- **Doing home repairs**
- **Going to picnics and parties**

Traffic Mishaps: The No. 1 Killer

During the summer periods 2002 through 2005, we lost 166 Sailors and Marines to PMV crashes.*

Leading causal factors:

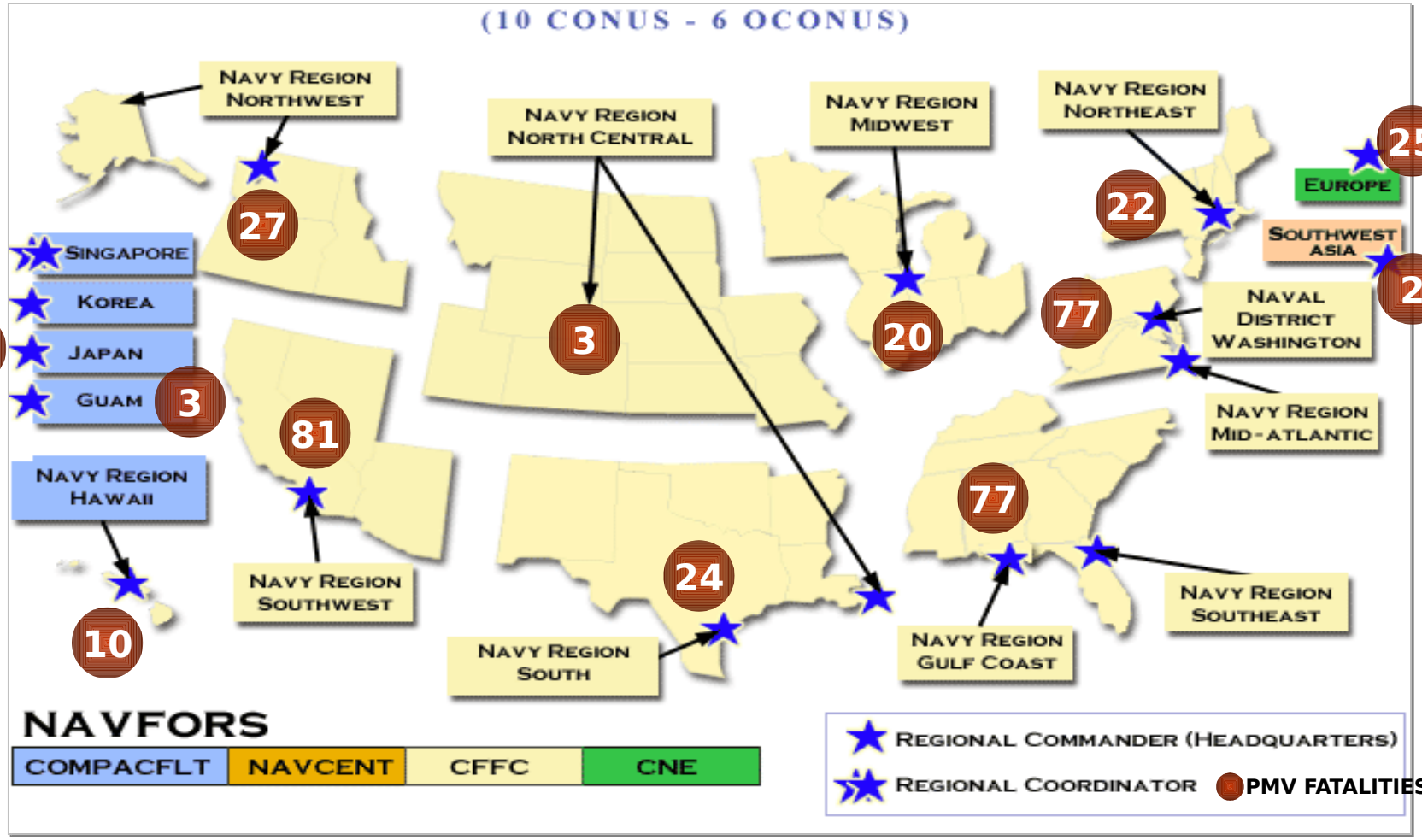
- Drowsy or Night-time Driving
- Not Using Seat Belts
- Speeding
- Drinking and Driving
- Fatigue

Common distractions:

- Road Rage
- Cellphone

**PMV crashes include: 4-wheel vehicle, motorcycle, pedestrians*

PMV Fatalities By Naval Region



NSC Data: 10 May 06

Trends and Statistics

Some people think that mishaps are unavoidable and simply the cost of doing business. They think that mishaps only happen to other people and that precautions are time-consuming and unnecessary. They are wrong.

220 ***Sailors and Marines died in PMV and off-duty recreational mishaps from summer 2002 through 2005.***

73% ***were between 18 and 26 years old.***

45% ***were drivers or passengers in cars or light trucks.***

31% ***of the total fatalities involved alcohol use.***

25% ***died in shore/recreational mishaps.***

25% ***were motorcycle riders.***

Who I What I When I Where I How

E-3
The average rank of those who died.

22 years old
The average age of the Sailors and Marines who died.

12:00-3:00a.m., Sunday
The timeframe when the majority of these mishaps occurred.

Homefront
These mishaps occurred when Sailors and Marines returned home from deployment.

0.7 Seconds
The time it takes for a 55-mile-per-hour crash to kill a person.

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Traffic Safety Tips

Follow these basic traffic safety tips to avoid mishaps and reduce your chances of missing out on a fun and enjoyable summer.

- **Always maintain a safe speed.**
- **Cool it down on the road.**
- **Don’t drink and drive.**
- **Avoid distractions.**
- **Be a responsible driver and use occupant protection.**
- **Recognize the danger signs of fatigue.**
- **Don’t be a moving target on your motorcycle.**
- **Maintain your vehicle.**
- **Share the road at crosswalks.**
- **Respect Mother Nature and survive extreme weather.**

Refer to the Safety Tips Handouts accompanying this presentation.

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Recreation and Off-Duty Mishaps: The Leading Cause of Injuries

During summer periods 2002 through 2005, we lost 54 Sailors and Marines to off-duty shore/recreational mishaps.

Leading causal factors:

- Inadequate Training
- Failure to Follow Regulations
- Lack of Experience at Activity

Recreation/Off-Duty Safety Tips

Follow these basic recreation/off-duty safety tips to avoid mishaps and improve your chances of having a fun and enjoyable summer.

- Learn water survival skills.
- Fall-proof your home and workspace.
- Prevent fall injuries outdoors.
- Survive the elements when camping, hiking, or caving.
- Exercise caution on the wheels.
- Mind those sparks and embers.
- Get the grill primed for tasty barbeque dishes.
- Don't let the heat get you.
- Say "bug-off" to bugs.
- Know what to do when lightning strikes.
- Play hard to win, but play it safe.

Refer to the Safety Tips Handouts accompanying this presentation.

Do Your Part to Prevent Mishaps and Fatalities

Start By Asking Yourself About YOUR Off-Duty Safety Attitude…

Have you ever driven without a seat belt?

Do you warm up before jogging or running?

Have you ever taken a drunk friend's keys?

Are you trained or experienced for your activities?

Do you take the time to plan your trip?

Do you consider the risk in your activities?

Do you wear proper PPE while riding a motorcycle?

Do you have any speeding tickets?

Have you ever driven when you're fatigued?

Do you drive the speed limit?

Do you designate a sober driver?

Who will be left behind and hurt if you die?

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But Most Importantly, Be There For Each Other

- *Call someone if you have been drinking and need a ride home.*
- *Decide in advance that no one will drive a car after drinking.*
- *Make sure no one rides with someone who has been drinking.*

- *Always wear the proper PPE to protect yourself and your friends.*
- *Take the time to learn and train.*
- *Know the impact of high-risk behavior on your career and family.*

- *Talk to your friends who might be putting themselves in danger.*
- *Get enough rest before going on a long trip.*
- *Have a good time without putting yourself or your friends at risk.*

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24/7—Operation Summer Force Preservation

This new “Critical Days of Summer” campaign strategy reminds Sailors and Marines of their responsibility to be alert, aware, and able to manage risk all day, every day.

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[OPERATION SUMMER FORCE PRESERVATION]

Get your **24/7 Planner** at **www.safetycenter.navy.mil/seasonal/criticaldays/.** You can download a media kit (speech, program ideas, planning tips, contacts), activity planner, and multimedia resources (recreation and off-duty presentations, posters, videos).

To receive a CD copy of the **24/7 Planner**, e-mail **SAFE-PAO@navy.mil** or contact (757) 444-3520, Ext. 7312 (DSN 564).

Naval Safety Center Contacts and Internet Resources

Naval Safety Center Website: www.safetycenter.navy.mil

PMV/Recreation Statistics: www.safetycenter.navy.mil/execsummary/

Culture Workshop/Best Fleet Practices/Lessons Learned:
www.safetycenter.navy.mil/bestpractices

Traffic Safety Toolbox: www.safetycenter.navy.mil/ashore/motorvehicle/toolbox/

Presentations: www.safetycenter.navy.mil/presentations/

Posters and Brochures: www.safetycenter.navy.mil/media/posters/

Video and Audio Collection: www.safetycenter.navy.mil/mediagallery/videos

Traffic Safety/Off-Duty Initiatives
Traffic: mary.brigham@navy.mil or 757-444-3520, Ext. 7134
Community Partnerships: bonnie.revell@navy.mil or 757-444-3520, Ext. 7138

Strategic Planning/Marketing
evelyn.odango@navy.mil or 757-444-3520 x 7312

Keep the right safety attitude, enjoy, and see you in September!